

Story Compass

Connecting with your anchor tree

Over the next days, take a walk (if it is safe to) in your local area and be open to the thought that one of these trees here will be your special tree for this course. See who comes forwards! Find out what kind of a tree it is and introduce yourself in your own way. Check that the tree feels good with you befriending it in this special way too. (I am sure it will - but respectful asking is always a good thing!)

If you are restricted, ask a tree in your garden or connect with a tree on the land remotely.

So, now find yourself by this tree in person or through visualisation and sit or stand. Take some time to attune and feel yourself with a body separate to the tree's body. Feel the ground beneath you both.

Listen to all the sounds there are all around you right now. With the tree at your back, allow yourself to ground with the world of sound making. With your eyes, search out all the visual information around you at this moment in time. Be aware of textures and tones. With the tree at your back, allow yourself to settle for a minute or two with the world of visual form making.

With your sense of smell, search out all the scents in the air around you this time. Be aware of sweet and sour. With the tree at your back, allow yourself to ground for a minute or two with the world of aroma making.

With your sense of touch, feel the form of the tree, its branches and bark and the earth you are both on. Be aware of roughness, smoothness and pattern. With the tree at your back, allow yourself to settle for a minute or two with the world of touchable form making.

With your sense of taste, taste with your tongue anything you feel drawn to taste (that you know is not poisonous of course). Be aware of the flavours. With the tree at your back, allow yourself to ground for a moment or two with the world of flavour giving.

Now bring attention to yourself as a sensory being in this world. Feel your connection with the world through your senses. Feeling the tree at your back, allow yourself now to connect to the tree as a being. Access a deeper sense to do this. Now feel yourself as a being. Begin to open up to the earth, the sky, the creatures, the grass, all as beings. Stay like this for about 5 minutes. Feel your everyday self move into a different space

from this cool calm clear earth sense of self. You are in the north. Here you are Author.

Now open up to the idea that behind this layer of a realm in the present moment there is the realm of your past. Feel the possibility of everything you have ever experienced being able to be with you and your tree in a long line. Feel this life going deep inside your tree as a vibration of being through time. Stay with presence for this for about 2 minutes. Here you are in the east. You are life line.

Thank the lifeline and move now to make a space for the ancestors who exist in a realm of time behind this one. Be curious about them and again, let them have a space and a lineage that goes inside the tree in a timeless space. Feel these presences and lives going deep inside your tree as vibrations of being through time. Stay with presence for this for about 2 minutes. Here you are in the south. You are in Ancestral realms.

Thank the ancestors and move now to make a space for the archetypes who exist in a realm behind and running through this one that we know as the mythical. You can include the spiritual dimension of nature in this realm too. Be curious about this realm of myth and again, let this realm have a space and a lineage that goes inside the tree in a timeless space. Feel these presences and lives going deep inside your tree as vibrations of being through time. Stay with presence for this for about 2 minutes. Here you are in the west. You are in Mythical realm.

Thank the realm of myth and come back to the everyday and your body. Take some breaths. Really go into your everyday senses.

Feel how present you feel with everything right now.

Let the tree and the earth know you love them as you connect with them and let yourself know you love you and know you are also a part of the earth too.

Now feel into an intention for your life right now. Ask the tree if you can speak it. Speak it out loud and feel yourself being honoured in this place with the intention you are holding.

Now just be with the tree, soul to soul. See what thoughts and senses you have. Open up to allowing you to be you and the tree to be itself as a tree. Over the next weeks your relationship will deepen and the way you communicate will become clearer as you get to know one another.